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Life satisfaction scale in urdu pdf

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Here, we are sharing the Urdu version of the Satisfaction With Life Scale (SWLS-U). You can access psychometric information and author details about this scale. Our collection features thousands of scales and questionnaires, including those related to psychology. Feel free to request any specific scale or questionnaire through our community, and we will provide it within a short time. Keep visiting Psychology Roots for more updates. Scale Name: Satisfaction With Life Scale Urdu Author: Ed Diener and colleagues Translator: M. Mussaffa Butt, Aamna Ghani, and Shahrukh Khan About the Scale: The Satisfaction With Life Scale (SWLS-U) is a 5-item self-report scale that measures overall life satisfaction. Developed by Ed Diener and colleagues in 1985, this scale has been translated into over 80 languages and used in various research and clinical settings. The Urdu version was translated by M. Mussaffa Butt, Aamna Ghani, and Shahrukh Khan. Key Findings: The SWLS-U showed good internal consistency (α = .80) and test-retest reliability (r = .84). It also demonstrated positive correlations with other measures of well-being, such as Ryff's Scales of Psychological Well-Being (α = .79). Administration Instructions: 1. Introduce the scale and explain the instructions. 2. Inform the participant that the SWLS-U is a self-report scale measuring overall life satisfaction, emphasizing that there are no right or wrong answers. 3. Read each item aloud to the participant, followed by a 7-point Likert scale ranging from 1 (strongly disagree) to 7 (strongly agree). 4. Ask the participant to circle their response and score the scale. Scoring: * Scores 20 or less: Dissatisfied * Scores 21-25: Slightly dissatisfied * Scores 26-30: Satisfied * Scores 31-35: Highly satisfied The SWLS-U has been proven reliable and accurate in measuring life satisfaction. It consistently yields similar results over time and across different situations. The scale's internal consistency is also high, ensuring that all items measure the same construct. Validity-wise, it correlates well with other measures of well-being, such as Ryff's Scales, while not correlating with measures of depression. Studies have shown its effectiveness in various populations, including the Pakistani population. To the Psychology Roots team, we take accuracy very seriously. If you've found a mistake in our content, please let us know so we can correct it. Your feedback is greatly appreciated and helps us improve. We also welcome any shared resources or materials related to psychology that might be helpful to others.